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# Homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

Thursday, January 6, 1944

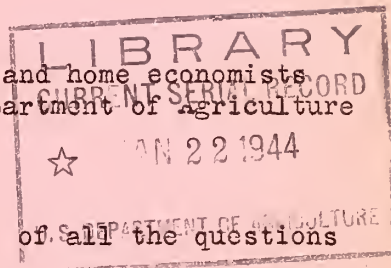
QUESTION BOX:

How save ham from skippers?  
Jelly from apple peels and cores?  
How make soya scrapple?

ANSWERS FROM:

Entomologists and home economists  
of the U.S. Department of Agriculture

--ooOoo--



Conservation of food materials seems to be the keynote of all the questions in today's mail bag. The first letter is from a homemaker who wants to keep her stored ham safe from insect pests. The next is from a woman who wants to know how to use the peelings and cores of apples, usually thrown away. The third letter from a mother who is interested in stretching her meat supplies a little by using soya grits. Entomologists of the U. S. Department of Agriculture have answered the first question, and home economists the other two. The first homemaker writes:

"Last year skippers got into some of our home-cured hams. Please tell me how to keep ham safe from these insects in the future."

Extreme cleanliness in smokehouse and storeroom as well as early slaughtering of meat and careful wrapping are three ways to save ham from skippers. Start by cleaning the smokehouse thoroughly if you did not do so when you took the last meat out. Entomologists of the U. S. Department of Agriculture say this is particularly important if you had skippers last year in your meats. Also clean the storeroom thoroughly. Grease and crumbs of meat or cheese lodged in cracks in the shelves, walls and floors may harbor skippers, or larder beetles, or other insect pest of meat. See that the storeroom is properly screened with a 30-mesh screen or finer, and that all doors and windows fit tightly.

Do your slaughtering and curing as soon as possible while the weather is still cold. When the weather warms up in the spring, insects begin their activity. As

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you prepare your cuts, put all discards and scraps into tight containers until you have time to render them.

After smoking, wrap each piece of ham or bacon separately and securely in waxed or other greaseproof paper. Be careful to see that no insect life is on the meat when you wrap it.

Directions for wrapping a ham securely are in the new folder called "Protect Home-Cured Meat from Insects" (AWI-32). This folder is free from the U. S. Department of Agriculture, Washington 25, D. C.

After the ham is properly wrapped with paper place it in a cloth sack or bag of closely woven cloth, made to fit the shape of the meat. It is particularly important to keep the sack free of grease while you are working, because grease-soaked bags attract insects that might penetrate to the meat, or rats that would chew holes in the bag.

Fold the top of the sack down in a loop so no insects can get in and tie it with string. Use the string to hang the meat in the storeroom. Be very careful in every step of wrapping that you do not tear holes in either the wrapping paper or the cloth bag. Hang the pieces so they do not touch each other, preferably in a storeroom with temperature below 45 degrees Fahrenheit. Inspect frequently.

You can also store cured meats in a freezer locker. Temperatures below freezing do not hurt them.

The next question reminds one of the saying "There ain't going to be no core." "Is it possible to make use of apple peelings and trimmings otherwise wasted? Could I make jelly out of them? I am told that the peel and cores of apples contain a good deal of pectin."

The home economists say "yes" in reply to this letter. The skins and cores of apples do contain considerable pectin. Winter varieties of apples contain enough in cores and peels to make good jelly. So when you make a good-sized batch of applesauce or several pies, and have a saucepan full of peelings and whole cores,



you can make good use of them. Cover them with water and cook 20 to 25 minutes after boiling begins. Stir to prevent scorching then strain through a jelly bag, pressing the bag to get all the juice.

When the juice has finished dripping it is ready to make jelly, assuming you have enough sugar on hand. It takes three-fourths cup of sugar to each cup of apple juice to get jelly. Heat the fruit juice and sugar quickly to boiling in a large flat-bottomed pan. Stir until the sugar is dissolved, but no longer. Boil rapidly until the jelly stage is reached. You can tell when this is by the "two-drop" test. Lift the sirup on the spoon and when it no longer runs off in a steady stream but separates into two distinct lines of drops, which "sheet" off, stop the cooking.

This apple jelly may not have as much flavor as a jelly made from the whole fruit, but it is still nice jelly. Or you can use it as a base for mint or herb jelly, or spice it. To make mint-flavored jelly, add a few drops of essence of spearmint or peppermint to the hot sirup and tint with green food coloring. For other herb flavors like thyme or marjoram, experiment by trying a little of the herb at a time until you get a flavor you like.

If you can't spare enough sugar for jelly, you could sweeten the apple juice slightly and use it on pancakes, or as the sirup in fruit drinks.

Whatever use you make of the apple juice, you certainly can salvage those cores and skins. And now for a last question on that new product, soya grits.

"Can you make scrapple with the new soya grits in the mixture?"

Soya scrapple is made in the same way as any scrapple. The only difference is that you add soya grits to supply some of the protein. The home economists of the U. S. Department of Agriculture have supplied these directions:

Simmer one and a half pounds of the bony pieces of pork in one and a half quarts of water until the meat drops from the bones. Strain off the broth and save it. Separate the bones from the meat, taking care to get out all tiny bits of bone. Chop the meat fine. There should be about 5 cups of broth. If necessary, add water to make 5 cups. Bring the broth to the boiling point. Slowly add one and a half cups of cornmeal and one teaspoon of salt. Cook over direct heat, stirring constantly, for 5 minutes. Then cook in a covered double boiler for 1 hour. Add the chopped meat and one half cup of soya grits, also 2 and a half table-  
spoons of onion pulp, 4 teaspoons of salt, and thyme, sage, or celery seed to taste, if you like those seasonings in scrapple.

Rinse loaf pans in cold water and pour the hot scrapple into the dampened pans. Let it cool and become firm. Store in the refrigerator. To cook it, slice it, dip the slices in flour, and fry in a little fat, letting one side brown thoroughly before turning the slice to the other side.

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